



FAITH-BASED ORGANIZATIONS SECTOR TELEBRIEFING

County of San Diego
Last Updated: 07/21/2021



Agenda:

- Welcome & Announcements
- COVID-19 & Vaccines
- Reopening Updates
- Q&A
- Closing

Our Speakers:



ELIZABETH BUSTOS

Community Development Liaison
Community and Faith-Based
Organization Sector Lead



GARY JOHNSTON

Chief Resilience Officer,
County COVID-19 Response
Incident Commander,
COVID-19 Reopening Lead



JENNIFER M. TUTEUR, MD

County of San Diego
Deputy Chief Medical Officer

WHEN IS THE NEXT TELEBRIEFING?



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SAN DIEGO

Faith-Based Telebriefings: 1st Wednesdays of the Month

Next telebriefing: August 4, 2021 | 1pm-2pm

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 FBO Tele	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Welcome to the Faith-Based Organizations Telebriefing



A few reminders before we begin:



This telebriefing is being recorded.



Your lines are muted.



Please enter your questions in the Q&A Box and your comments in the chat box.



You can email us at:
COVID-CBO-FAITH@sdcounty.ca.gov



ANNOUNCEMENTS



ADDRESSING VACCINE HESITANCY




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Resource to address common misconceptions about the COVID-19 Vaccine



https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/Community_Sector_Support/HealthcareProviders/Vaccine_Hesitancy.pdf



VACCINE HESITANCY

Common Misconceptions

"Vaccines Were Developed Too Quickly"
Harnessing technologic advances and building on earlier research led to early success

- Ten days after the first reported cases in China, the SARS-CoV-2 virus was sequenced and made public
- The importance of spike protein in vaccine development of vaccines for SARS-CoV-1 in 2002 and MERS-CoV in 2012 helped jumpstart the COVID-19 vaccine efforts in Jan 2020
- Delivery systems used for COVID-19 vaccines have been in development since the 1970s (Adenovirus vector, mRNA)

"COVID-19 Is Usually Mild in Healthy People"
Risks of relying on post-infection immunity

- Serious illness or death, even among younger adults
- Spreading COVID-19 to family and community when pre-symptomatic or asymptomatic
- Asymptomatic and mild illness provide weak and time limited immunity (CDC recommends post-infection vaccination)
- Post-acute symptoms or "long" COVID-19 syndrome

"FDA Evaluation Was Rushed"
Efficiencies in meeting FDA requirements, scaling up production, and prioritized review saved time


- Manufacturing process developed in parallel to clinical trials (Operation Warp Speed)
- Required FDA Review and CDC Advisory Committee meetings were prioritized scheduled expeditiously; eliminating the typical scheduling delays.

"Trials Were Too Short to Detect Long Term Effects"
COVID-19 vaccine trials had similar size and duration of preceding vaccines with full approval

- High incidence allowed quick achievement of clinical endpoints (adaptive trial design), but monitoring for serious adverse events continued for 6 months after the final dose
- Previous vaccines with unanticipated effects were detected within 8 weeks of vaccination during the pre-approval trials—that's why FDA required a minimum of 8 weeks
- No vaccine approved/authorized for use in the United States has been definitively associated with long-lasting, on-going effects. Monitoring and research continue after authorization for as long as the vaccine is in use (e.g., VAERS, V-safe)
- 150 million+ COVID-19 vaccine first doses administered in the US: CDC is already able to detect events occurring <1/million doses

Benefits of immunity through vaccination







- Provides the same viral antigens as infection but without symptoms of COVID-19
- Symptoms caused by vaccination may occur, but are mild, short lived (2-3 days)
- Proven effectiveness against severe disease and death
- Post-vaccination natural infection is rare but milder and has not been transmitted



Make an Informed Choice


Everyone has a choice to get vaccinated or not

- Use reliable sources for an informed decision
- HCWs are influential in patients' decision making
- Communicate vaccine information to patients in an unbiased way (COVID-19 Vaccination Toolkits for Healthcare Teams)



Additional Resources: AAFP | Countering Vaccine Hesitancy; AMA | Tips for speaking with colleagues about COVID-19 vaccination; Language that works - de Beaumont Foundation

For the latest updates on COVID-19, visit:
www.sandiegocounty.gov/COVIDHealthProfessionals



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Rev. 07/06/21

WE'RE HIRING!



COMMUNITY HEALTH WORKER LIAISON FOR COVID-19



- Builds trust and rapport with community
- Shares culturally competent community resources
- Coordinates, develops, and implements outreach plans

Deadline to apply: July 26, 2021

[Link to job description](#)

Email resume and cover letter to
LWSD.HHSA@sdcounty.ca.gov

LIVE WELL MOBILE OFFICE



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SAN DIEGO

REQUEST THE LIVE WELL ON WHEELS (LIVE WOW) BUS!

- **Current Services Offered on the Live WoW:**
 - COVID-19 Vaccination Information & Appointment Scheduling
 - Public Benefits (CalFresh, Medi-Cal, CalWorks)
 - Behavioral Health Resource Materials
 - Office of Military and Veterans Affairs – Claims assistance & benefits counseling

To learn more and to request the bus visit:
<https://www.livewellsd.org/content/livewell/home/community/live-well-mobile.html>



Follow the Live WoW!
[@LiveWoWBus!](https://twitter.com/LiveWoWBus)

2021 EMERGENCY RENTAL ASSISTANCE PROGRAM



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APPLY TODAY!

This program now reimburses 100% of overdue rent and utility bills to landlords or tenants!

APPLICATION ASSISTANCE

Organization	Phone	Languages
Chicano Federation	(619) 285-5600 x382	English, Spanish
Mental Health America	(619) 253-6194	English, Spanish
License to Freedom	(619) 387-6056	English, Arabic, Kurdish, Chaldean
License to Freedom	(619) 321-8174	English, Farsi, Dari, Pashto
TrueCare	(760) 736-6734	English, Spanish
SBCS	(619) 420-3620	English, Spanish
La Maestra	(619) 269-1254	English, Spanish, Turkish, Arabic, Chaldean

www.sdhcd.org



MEDICAL UPDATES

*JENNIFER M. TUTEUR, MD, FAAFP
DEPUTY CHIEF MEDICAL OFFICER
MEDICAL CARE SERVICES DIVISION
COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY*



COVID-19 VACCINATION DASHBOARD

*UPDATED 7/14/21



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County of San Diego - COVID-19 Vaccination

Source: County of San Diego, Health and Human Services Agency, Public Health Services, Epidemiology and Immunization Services Branch - Data will be updated weekly on Wednesdays. Last updated 7/14/2021

Doses Received

4,376,695 

Doses Administered*


4,149,154 

*May not include all administered doses and individuals vaccinated due to reporting delays. Total doses administered includes vaccines that have been recorded in SDIR and CAIR, and provided by Veterans Affairs and Department of Defense. This includes doses from Federal Pharmacy Program and Federally Qualified Health Centers. Doses administered by some tribal providers, some prisons and federal detention facilities do not report to SDIR. Includes all doses administered in San Diego County as well as doses administered to San Diego County residents vaccinated in another California county.

Eligible Population: 2,802,581 San Diegans

San Diego County Residents Vaccinated with At Least One Dose

2,227,697

79.5% 

San Diego County Residents Fully Vaccinated

1,918,152

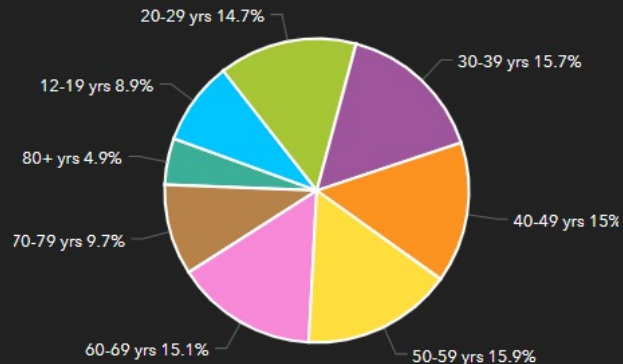
68.4% 

Eligible Population expanded to 12 years and older as of 5/13/2021. Eligible Population is San Diego County residents age 12 years and older, or 2,802,581 individuals. The total San Diego County population is 3,347,827. Population estimates are California Department of Finance 2021 Population Estimates, April 2021 release. Individuals vaccinated from some tribal entities and some prisons and federal detention facilities are not included, as these providers do not report to SDIR. Veterans Affairs individuals vaccinated added 4/28/2021. Department of Defense (DoD) individuals vaccinated added 5/6/2021. A small number

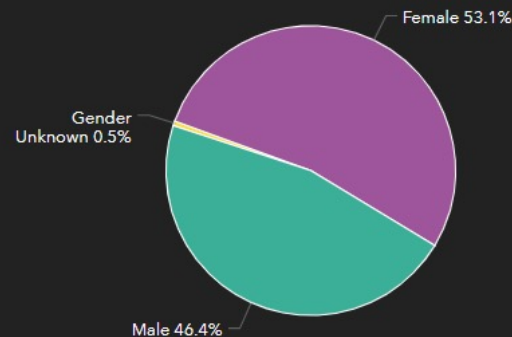
Eligible Population

Goal Population

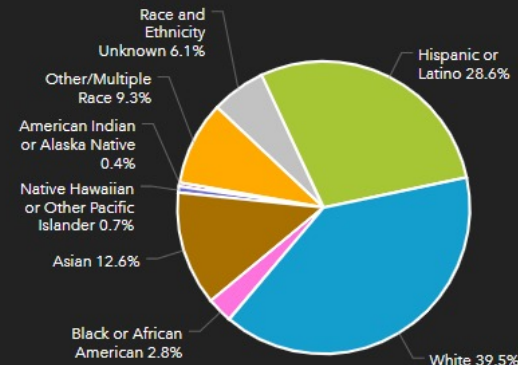
Age



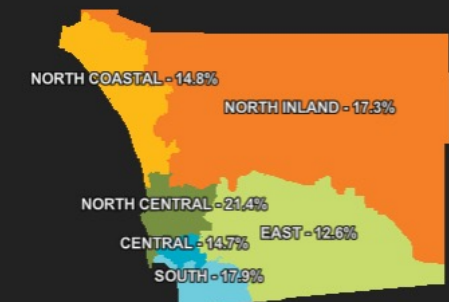
Gender



Race/Ethnicity



HHSA Region Based on Residence



Esri, HERE, Garmin, USGS, EPA, NPS

Powered by Esri

COVID-19 POSTVACCINATION INFECTIONS

[View the full COVID-19 Watch here](#)

*The weekly surveillance report is updated every Tuesday.

COVID-19 WATCH

Weekly Coronavirus Disease 2019 (COVID-19) Surveillance Report

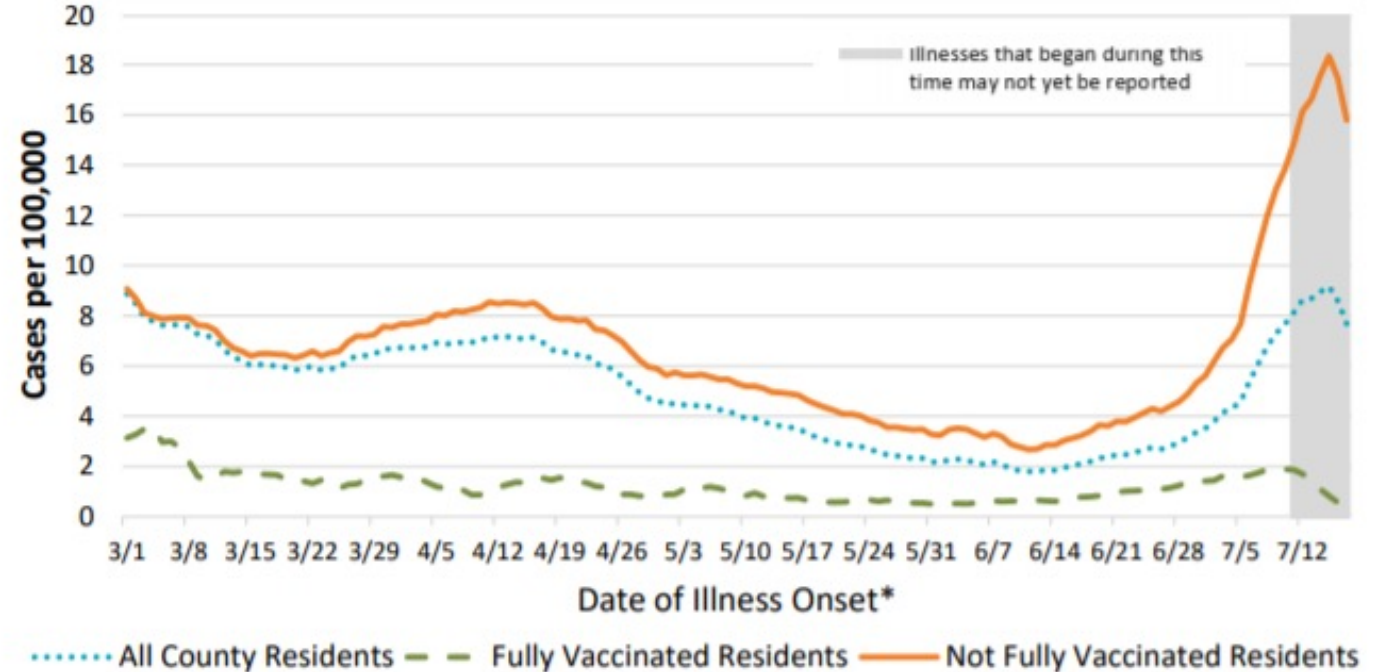


July 20, 2021

Data through week ending 7/17/2021

COVID-19 Postvaccination Infections

Figure 20. 7-Day Rolling Average COVID-19 Case Rate by Vaccination Status in San Diego County Residents since March 1, 2021



*If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

San Diego County Population from SANDAG 2019 Population Estimates (Prepared June 2020) = 3,351,784.

The fully vaccinated population for each day is the cumulative number of county residents documented to have received the final dose of COVID-19 vaccine more than 14 days prior to that day. The not fully vaccinated population is the estimated total county population minus the fully vaccinated population.

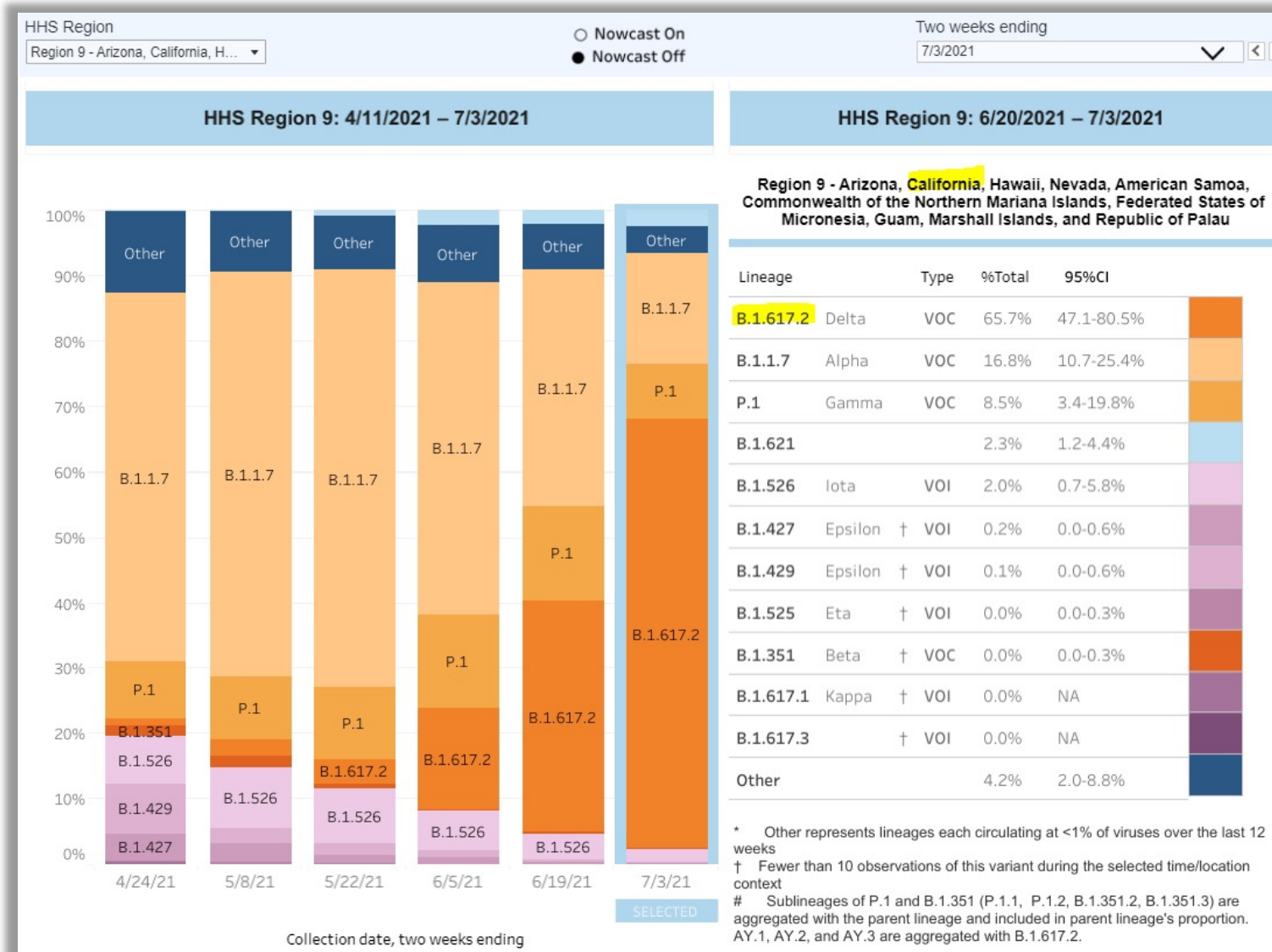
VARIANT PROPORTIONS

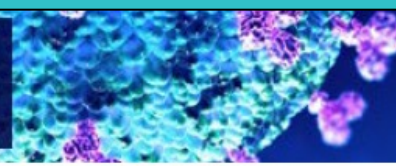


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To learn more about Variant Proportions [click here](#)

To learn more about variants of the coronavirus, [click here](#).





STEPS TO TAKE IF AN EMPLOYEE IS SUSPECTED OR CONFIRMED POSITIVE TO HAVE COVID-19

1. Instruct employee to stay home at least 10 days* after symptoms started (or since first positive PCR test if person is asymptomatic/does not have symptoms).

2. If it has been *less than 7 days* since employee has been in the facility, temporarily close area where employee worked until cleaning is completed. Wait 24 hours or as long as practical before conducting deep cleaning of area where employee worked and may have been (breakrooms, restrooms, travel areas) with EPA-approved cleaning agents. Ensure cleaning personnel are equipped with appropriate personal protective equipment (PPE).

If it has been *more than 7 days* since employee has been in the facility, additional cleaning and disinfection is not necessary. Continue routine cleaning and disinfection.

3. Promptly report employee was diagnosed with COVID-19 to the County Public Health Services by completing the COVID-19 Notification Form or calling 888-950-9905. Include 1) name, 2) date of birth, and 3) contact information of employee¹.

4. Cooperate with County Public Health Services COVID-19 response team to identify and provide contact information for any persons exposed by the employee at the workplace¹.

5. Record and report work-related COVID-19 illnesses or fatality as per other occupational health reporting requirements.

6. Provide notice of exposure to any employees and contractors (who regularly work at the workplace) who may have been exposed to COVID-19, as stated in the State's COVID-19 Employer Playbook for a Safe Reopening.

*For patients with severe to critical illness or are severely immunocompromised, the recommended duration for Transmission-Based Precautions was changed to at least 10 days and up to 20 days after symptom onset.


¹As per San Diego County Public Health Order.
For school guidance: COVID-19 Industry Guidance: Schools and School-Based Programs.


Employers should not require employee to provide a negative COVID-19 test result or healthcare provider's note to return to work.


PREVENTION

- ✓ Actively encourage sick employees to stay home.
- ✓ Accommodate employees through social distancing or telework (if possible).
- ✓ Emphasize face coverings and hand hygiene.
- ✓ Perform routine environmental cleaning.
- ✓ Check government websites (CDC, State Department) for any travel advisories.
- ✓ Plan for infection disease outbreaks in the workplace.

IF EMPLOYEE...

 Has any severe symptoms: Advise them to seek medical attention immediately.

 Has any health-related questions or concerns: Have employee contact their healthcare provider.

 Does not have health coverage, has other general questions about COVID-19, or would like information about community resources: Have them call 2-1-1.

EMPLOYEE MAY RETURN TO WORK WHEN:

At least 10 days* since start of symptoms (or since first positive PCR test if person is asymptomatic)



At least 24 hours since last fever without use of fever-reducing medications



Improvement in symptoms

[Link to Positive Employee Flowchart](#)

EARLY THERAPY FOR COVID-19 AVAILABLE AT NO COST



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MONOCLONAL ANTIBODY THERAPY IS AVAILABLE!

- Monoclonal antibodies may help people with mild or moderate COVID-19 who are at high risk of progressing to severe COVID-19 and/or hospitalization by preventing them from getting sicker and/or hospitalized due to COVID-19
- Ideally, the potentially lifesaving treatment is received **as soon as possible** of COVID-19 symptom onset

WHO MAY RECEIVE THIS THERAPY?

- People who have a positive test for COVID-19 and have mild to moderate symptoms, **AND**
- Have had COVID-19 symptoms for less than 10 days, **AND**
- Are at least 12 years old, **AND**
- Are at [high-risk](#) of getting very sick from COVID-19
 - Examples include: 65 years of age or older, obese, pregnant, diabetes, heart disease, and high blood pressure



MONOCLONAL ANTIBODY REGIONAL CENTER (MARC)



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OPEN TO TREAT COVID+ PATIENTS NOW!

- Patients may self-refer for early COVID-19 therapy
- If you think you qualify, call **(619) 685-2500** for an appointment or if you have questions
- You are also encouraged to talk to your doctor or health provider to see if you qualify
- Accepting all medically eligible patients, **regardless of** health insurance or immigration status
- For additional information visit:
www.sandiegocounty.gov/COVIDHealthProfessionals

NEW LOCATIONS

**MARC at
Vista Community Clinic**

Vista

**MARC at
Neighborhood
Healthcare**

Escondido

**Family Health Centers
of San Diego**

Hillcrest & Chula Vista



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Please take a moment to answer the
poll questions on your screen.

Q&A





COMPASSION FATIGUE



WHAT IS COMPASSION FATIGUE?



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COMPRISED OF TWO ELEMENTS:

■ Burnout

- Physical and mental exhaustion
- Reduces your ability to cope with your environment
- Can cause frustration, or a sense of helplessness, anger
- Reduced pleasure in work or other responsibilities
- Intrusive thoughts about patients
- Startle response, being on edge

■ Secondary Traumatic Stress

- Stress experienced due to empathy, when others are going through trauma
- Can be caused by first or secondhand traumatic experiences
 - Firsthand: Directly Observed (Traumatic event occurring in a doctor's office)
 - Secondhand: Indirectly Observed (Traumatic event recounted during therapy)

SIGNS AND SYMPTOMS OF DISASTER DISTRESS



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PHYSICAL

- Headaches without a clear cause
- Jumpiness or exaggerated startle response
- Trouble relaxing, falling asleep, and staying asleep

MENTAL

- Difficulty concentrating
- Trouble making decisions
- Numbness or inability to feel sadness or joy
- Increased anxiety or fear

BEHAVIORAL

- Reduced stamina
- Use of drugs or alcohol to reduce distressing feelings
- Increase in risk-taking behavior



HOW TO COMBAT COMPASSION FATIGUE



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RESILIENCY IS NOT ENOUGH

- Clinicians have higher resiliency scores than the average population
- Many of those with the highest possible resiliency score still experience burnout

STRATEGIES FOR SELF-CARE

- Physical activity
 - Walking, running, or any other exercise can help
- Strive to Sleep and eat well
 - Getting 7-9 hours of sleep and staying hydrated can positively affect your mental state
- Try to Avoid using alcohol or substances to dull feelings

HOW TO COMBAT COMPASSION FATIGUE



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SUPPORT NETWORKS

- Stay in contact with loved ones
- Reach out to coworkers for support, many have similar experiences



MUSCLE RELAXATION

Progressive Muscle Relaxation—Instructions:

1. Get into a comfortable position.
2. Choose a muscle group (e.g., muscles in your feet or lower legs).
3. Breathe in and tighten the muscles in the group for 5 to 10 seconds.
4. Breathe out and release the muscles suddenly. Relax for at least 10 seconds.
5. Repeat the process with another muscle group. It often helps to progress from head to toe or vice versa.

HOW TO COMBAT COMPASSION FATIGUE



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RELAXATION

- Meditation, Tai Chi, Yoga, visualization
- Humor
 - Laughing and joking with others, watching any form of comedic entertainment can help put the mind at ease
- Journaling or drawing
- Breathing exercises
- Spiritual and religious practices

PROFESSIONAL HELP

- If you or someone you know is overwhelmed by stress or burnout, isn't benefitting from the other methods of care, or has turned to substance use as a solution
 - Acknowledging the need for help is a positive step
 - Just a few visits may be helpful

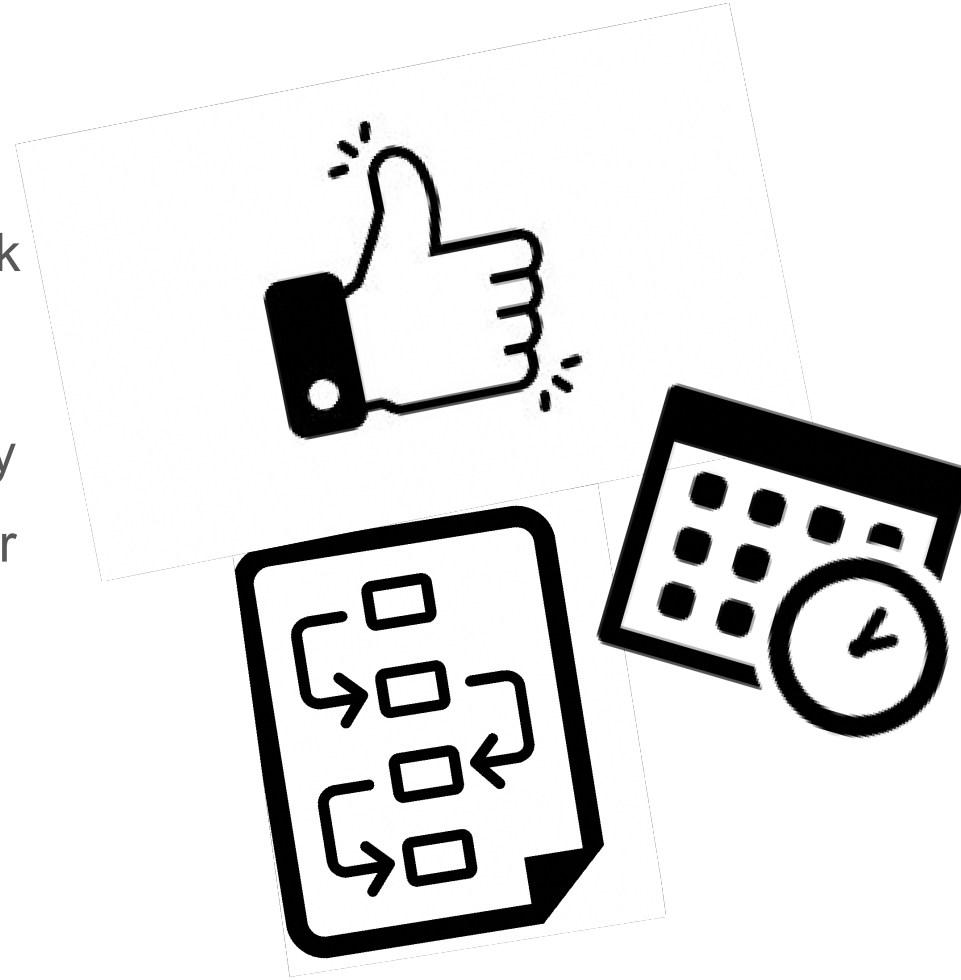
HOW TO COMBAT COMPASSION FATIGUE



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ROLE OF A MANAGER

- Recognizing staff for the work they do
- Schedule employees so they have time to mentally recover between shifts
- If possible, alternate scheduling staff for high and low stress shifts





CLOSING





STAY CONNECTED!

- For additional questions and resources, please email: Covid-CBO-Faith@sdcounty.ca.gov
- [Faith-Based Organizations Website](#)
- [Sign up for email updates](#)
- [View the full list of COVID-19 Faith-Based FAQs](#)

